# thecollegian INDEPENDENT VOICE FOR KANSAS STATE UNIVERS



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Tomorrow: Low: 30 °F



Thursday: High: 47 °F Low: 24 °F

Today's campus buzz The Fourum features thoughts on KU, love and Snyder for Pope

Love Potion #9 The Valentine's Day guide features special drinks for your V-day

X marks the strike The 2nd annual Bowl-A-Thon raised money for cancer research

# Professor finds choice of partner improves workouts

Nicolas Wahl

A K-State research project recently found that individuals who exercise with a more athletic partner are able to increase their output by as much as two times.

Brandon Irwin, assistant professor of kinesiology, led the study that set out to find whether people performed better alone, against a perceived competitor or as the weaker member of a two-person

Irwin said one reason people like to work out with others is that it makes exercising a social activ-

"We found that when you're performing with someone who you perceive as a little better than you, you tend to give more effort than you normally would alone," he said in a Nov. 26, 2012, K-State press release.

It is a premise that Kailyn Swope, freshman in open option, said she agreed with as she fin-ished her workout at the Peters Recreation Complex.

"My partner is actually faster than me," Swope said. "So I try to run faster to keep up when I'm with him compared to when I'm by myself."

Swope said she believes it goes both ways.

"I think it helps you, too," Swope said to her workout partner seated next to her. "If I'm not here, you won't do abs, but you will when you work out with me."

Irwin's study took 58 females who described their own level of fitness as average and had them go through a series of trial sessions on a stationary bicycle. During the first six sessions, the participants rode alone, averaging 10:36 per session.

Later, the same participants were asked back, but this time the women were told that they would be exercising with a partner in a different room whom they watch onscreen. In reality, they were riding against a loop of a short video of a virtual competitor.

Irwin said he wanted the virtual competitor to appear to be in better shape than the test subjects. To avoid suspicion, Irwin had the

participant wear different outfits during each one of the trials.

"We created the impression that the virtual partner was a little better. That's all they knew," Irwin

The results showed that the actual riders, who had ridden solo for 10:36, averaged 19:46 on the stationary bike the second time around against a superior com-

At this point, Irwin had already shown that people become more competitive when exercising with a more athletic person. Just how competitive, however, was yet to

Irwin then asked the partici-

PROF | pg. 8

#### **K-State news**

Mike Stanton

assistant news editor

Man arrested in arson, murder case not currently enrolled at K-State

Patrick Scahill, 20, who was arrested Friday and charged with aggravated arson and felony murder for allegedly setting a fire that killed post-doctoral researcher Vasanta Pallem last Wednesday night, is not currently enrolled at K-State, according to Julie Hunt, academic adviser for the university's open option pro-

Scahill had been previously enrolled at K-State in the open option program. Virginia Griese, 19, who was also arrested and faces the same charges as

NEWS | pg. 8

# Wildcats unable to capitalize in Lawrence

Mark Kern sports editor

The Wildcats went into Allen Fieldhouse on Monday with the opportunity to deliver a potential knockout blow to the Jayhawks' eight straight Big 12 Conference championship titles. However, KU was not ready to relinquish their place on top, as freshman guard Ben McLemore put in 17 of his game-high 30 points in the first half and ignited the Jayhawks (20-4, 8-3 Big 12) to an 83-62 victory over K-State (19-5, 8-3). This forced a three-way tie with Oklahoma State atop the Big 12.

Åfter the game, KU head coach Bill Self talked about how the Jayhawks' aggression played a huge role in the victory.

We have been so bad for about a week, but the guys showed up," Self said. "They fought tonight. I was so proud of them. The stats are the same, except we got them on glass. We were so aggressive early on. I don't know how many layups we missed, but it was from the guys trying too hard and going so hard to the glass. I don't know if I have seen us play with that much intensity and awareness than we did the first 20

Both teams started slow on offense. The score was only 10-7 in favor of the Jayhawks at just under seven minutes into the game, then McLemore was fouled by senior center Jordan Henriquez as he went up for a dunk, resulting in an intentional

This gave the Jayhawks a huge momentum boost. The foul jump-started a 25-9 run, capped off by a McLemore layup that gave the Jayhawks a 35-16 lead and forced K-State head coach Bruce Weber to call a

A Shane Southwell 3-pointer with 30 seconds left in the half cut the lead to 16, but KU senior forward Kevin Young, like he did in Manhattan, scored a layup at the first-half buzzer, and the Jayhawks went into intermission up 47-29.

Weber talked about the experience of playing a KU team that was hungry to end the losing streak.

'They had a tough week," Weber said. "I think they had their heads down a little bit, but they were able to come back home. Being able to come back in front of your fans and use their energy, it obviously



Emily DeShazer | Collegian

K-State senior shooting guard Rodney McGruder takes an elbow to the face from Kansas freshman guard Anrio Adams in the Wildcats' 83-62 loss on Monday night. McGruder finished the game with 20 points.

Emily DeShazer | Collegian

Sophomore forward **Thomas Gipson** complains to the referee after picking up a foul against Kansas on Monday night. Gipson only played 14 minutes before fouling. "Obviously to have Thomas Gipson in a game, it gives us a better threat inside," head coach Bruce Weber said after the game.



BBALL | pg. 8

## Pope Benedict XVI set to resign this month

Mike Stanton assistant news editor

Catholic Pope Benedict XVI announced Monday that he intends to resign the papacy at the end of the month. He is the first pope to step down in nearly 600 years. The Pope made his announcement in traditional Latin to a private church body in Vatican City, according to the Washington Post.

The 85-year-old Pope cited his declining health as his reason for resigning, saying he has recognized his

"incapacity to adequately fulfill the ministry entrusted to

Benedict's successor will be determined in a conclave, a closed meeting of the College of Cardinals that will not adjourn until a new Pope is elected. The Post stated that the conclave is expected to be held in mid-March, in time for the next pontiff to hold Easter Mass at the Vatican.

Benedict was born Joseph Ratzinger in Germany and ordained a priest after World War II. He succeeded Pope John Paul II in 2005.

# K-State Proud helps students afford college

Som Kandlur staff writer

showed as they came out very hungry. The

thing that I am disappointed with is that a lot of the things that we had done to get to

Junior guard Will Spradling, who scored

"In the game in Manhattan, we did not

10 points for the Wildcats, said it was the

easy baskets that made things tough in the

allow them to get many fast-break points,"

Spradling said. "Tonight, we gave up dunks.

Once they started getting those dunks,

their crowd got into it. They do a great job

of feeding off their crowd, and tonight we

early in the second half at 52-29. With

KU extended their lead to 23 points

allowed them to do just that."

this point, we just didn't do tonight."

Designed as an entirely student-led, student-funded and campus-wide venture, the K-State Proud campaign aims to financially assist students at K-State who need further financial aid.

As higher education grows more and more expensive, a growing number of students are forced to either forego college or drop out mid-way. Through its student opportunity awards, the K-State Proud campaign assists these students by covering costs and making it more affordable to stay and complete an additional se-

mester. In the last six years, the organization has collected over \$550,000 and helped more than 300 students cope with the costs of a college education.

The student opportunity awards form the core of the K-State Proud campaign. The monetary awards are given to full-time students who demonstrate a financial need that puts their academic futures in jeopardy.

"Often students have costs or have to make financial decisions that they have not allocated for, such as damages due to natural disasters, job losses or medical emergencies," said Claire Carlson, award recipient committee

chairperson and junior in agricultural communications.

The student opportunity awards allow for a financial buffer so the students going through such times don't have to worry about dropping out of school due to financial problems."

The awards, given through the K-State Foundation in consultation with the Office of Student Financial Assistance, range from \$500 to \$2,000. Although usually a one-time award, students demonstrating sufficient need and positive campus sufficient involvement have been known to receive the award multiple times.

"Usually, any debt owed

to K-State is settled first, and then it depends on the recipient to decide on how to spend the award," Carlson said.

Last year, 70 students received the award, while 270 that applied. Just six years ago, the program had only 70 applicants.

This academic year alone, the Proud campaign has been able to give out awards totaling a little under \$20,000," Carlson said.

Feb. 18-25 is K-State Proud Week, a weeklong drive to collect donations and encourage student philanthropy at K-State.

PROUD | pg. 8



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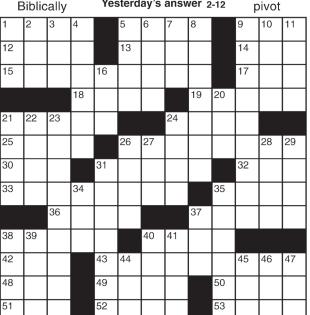
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## Logan's Run | By Aaron Logan







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# THE BIG 12 SURVIVES



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#### THE BLOTTER

ARREST REPORTS

Sunday, Feb. 10

Christopher D. mondson, of the 500 block of Osage Street, was booked for failure to appear. Bond was set at \$500.

Dedric Dwayne Riser, of the 500 block of Moro Street, was booked for criminal damage to property. Bond was set at \$750.

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If we beat KU tonight, don't tell your KU friends "You suck", or "Haha", or "Where you at?" Just say one word: "Scoreboard." That'll shut 'em up.

Valentine's Day is a joke of a holiday... just

**To** the black Mustang that followed me all the way to Omaha: Thanks for making a two vehicle caravan with me and proving that the K-State family does stick together!

#### 785-260-0207

Bill Snyder for Pope.

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**How** many poli-sci majors does it take to get the sound to work?

**KU** sucks. No matter what!

No more bendy straws in the Union. My happiness is gone.

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# Shaming women for makeup a destructive, anti-feminist approach



Wearing makeup has become a habit for many of us in our daily lives. It is a ritual, something that we hardly think about as we struggle out of bed in the morning and head to the mirror for some primping. It was only recently that I began to be more conscious about applying makeup. The more I began to identify with feminism, the more I wondered whether or not I was submitting to patriarchal expectations each morning.

Women are often shamed for their choices about makeup, and we seem to be fighting a losing battle. If you don't wear enough makeup you aren't considered "pretty," yet women who wear too much makeup are called whores or are said to be "trying too hard." After deliberating for quite some time about the reasons that I wear makeup, I finally decided that there is absolutely nothing wrong with a woman wearing it, feminist or not.

Of course, makeup can be worn for the wrong reasons. If you put on mascara each day hoping that it will make people like you, or that it will make someone more attracted to you, perhaps you should re-evaluate your beauty routine. If we mess with our looks in order to suit others, we are putting time and energy into being something we are not, rather than relying on self confidence.

In examining my own habits, I noticed that I don't have any direct thoughts as to what others will think about my makeup. It probably has something to do with my strict avoidance of cosmetics until my freshman year of college. Wearing makeup has never landed me a boyfriend, and I don't think my eyeshadow will do that for me any time soon, so why would I wear it for that



Photo illustration by Kate Hagans  $\mid$  Collegian

Many women use makeup every day, a practice debated by feminists on both sides of the argument. Columnist Kate Haddock believes that women have the right to wear what they want without feeling ashamed, while Jakki Thompson suggests that women should pursue natural beauty without toxic, expensive cosmetics.

The thing I like the most about wearing makeup is the confidence it gives me. I get the same feeling from a well-chosen set of clothes or an interesting new hairstyle. I like to go out into the world knowing that I look good to myself.

I can feel this way without makeup on as well, but the effort and creativity involved in applying makeup and creating unique looks adds an extra layer of fun. Knowing that I think I look great is all that

really matters to me anyway, because I will never know what others really think of me and therefore cannot get satisfaction from their opinions.

Confidence is a commodity in a society that constantly rewards and punishes us for the choices we make. Yet here we are, in a society that says if women want equal treatment and rights, they must assert themselves with confidence but only without making fashion choices that may appear to support patriarchal ideas about what women need to be.

Those who tell women to forsake makeup and certain types of clothes in order to be a "better" woman are using the same tools of oppression that exist within our patriarchal society by telling women that their behaviors and choices are wrong in some way.

Lipstick feminism is a movement that attempts to dislodge the idea that traditional ideas of femininity undermine women. This movement encourages women to embrace things like

makeup and feminine clothing, including revealing clothing, in order to show that having qualities that are defined as female does not make one inferior.

Lipstick feminists have no problem with you putting on a ton of makeup, because makeup does not make you any less legitimate. Such logic suggests that women should sacrifice feminine qualities to achieve equality.

In the end, the decision to wear makeup is not about the product itself. It's about us not letting other people make decisions for us about our bodies and preferences. Don't let anyone tell you what wearing måkeup says about you.

You are the only one who gets to decide what your fashion choices mean. As for me, I will continue to run around spouting feminist facts and sporting red lipstick while

Kate Haddock is a sophomore in English. Please send comments to opinion@kstatecollegian.com.

# Cosmetics an unnecessary cost in terms of health, pocketbook



Jakki Thompson

When I look around the K-State campus, I notice some specific things about the women who pass by. Sometimes I notice girls who have on sweat pants, a sweatshirt and a jacket and wear their hair up in a bun or a ponytail. But the striking contrast to this image is that many of them will also have on a full face of makeup.

It concerns me that some women use so much makeup

because cosmetics are unnecessary and can be unsafe for consumers. My biggest issue with makeup is its seeming necessity for women. Some women are avid about making sure they wake up early to ensure they apply makeup before going out, like wearing makeup is necessary to leave the house. I disagree with this lifestyle.

My take on makeup is that women should not feel the need to do this. Makeup should be used to enhance natural beauty, not define it. Makeup can help many people who want to cover up scarring or acne issues and feel more comfortable with going out in public, but natural beauty should be priority No. 1 in people's lives.

People should love themselves exactly how they were born before they decide to try to cover themselves up or enhance themselves through cosmetics.

Cosmetics are also incredibly expensive. In a time when college students work to pay off student loans, rent, food or utilities, it doesn't seem wise to spend extra money on cosmetics. According to a Huffington Post article from Aug. 9, 2012, L'Oreal topped sales in the 2011 beauty industry with \$28.33 billion. That is a lot of money people are spending on cosmetics — money that could be spent making sure bills are paid on time or donating

money to the community. The extra money being spent on cosmetics isn't the only downfall I see. Cosmetics of all kinds can be incredibly dangerous for people who choose to use the most common and mainstream brands. At the core of it, applying cosmetics, shampoos, conditioners and lotions can equivalent to applying carcinogens to your skin.

Careful research can reveal which products pose the greatest risk. EWG's Skin Deep Cosmetics Database, located at ewg.org/skindeep, allows users to search for specific products by brand, product name and large categories.

The website breaks down almost all cosmetic products by five main categories: overall hazard, cancerous ingredients, development and reproductive toxicity, allergies and immunotoxicity, and whether or not use of the product or its ingredients is restricted in the U.S., E.U., Japan or Canada. The site also breaks down the most hazardous materials in each product by listing the ingredient, how dangerous it is and the concerns that arise from the use of that product.

While carcinogens seem almost impossible to eliminate from our environment, this is an easy one to get rid of. The more products from the cosmetic industry you wear or consume, the more you put your health at risk.

Cosmetics carry far more risks than benefits. The cost of these products is money that could be spent on higher priorities in college students' lives. I also feel that the health

**Austin Nichols** 

risks, which come along with many of the products f the industry, far outweigh any positive reinforcement that may come from their use.

People should accept themselves the way they are — no one should feel the compulsive need to cover up at all times. Because there are so many more negatives that exist within the cosmetics industry, I suggest students try to focus on their natural beauty. It is one of the greatest gifts you could be born with — and it is in all of us, no matter who you are.

Jakki Thompson is a sophomore in journalism and mass communications, women's studies and American ethnic studies. Please send comments to opinion@ kstatecollegian.com.

**Mike Stanton** 

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### What aspect of K-State life makes you most proud to be a Wildcat?

**Laura Thacker** 

managing copy chief





**Darrington Clark** 

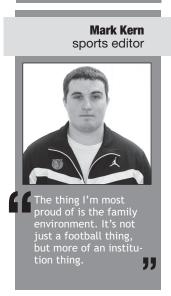
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**Cara Hillstock** 



photo editor





page 4 the collegian tuesday, february 12, 2013

## Chivalry still alive in some students' philosophy on common courtesy

Jeana Lawrence staff writer

In today's society, knights in shining armor rescuing princesses or damsels in distress are pretty rare. These sweeping acts of valiance and daring were the basis of the concept of chivalry, but now they have vanished. So does that mean that chivalry and romance are dead? Or is the look of chivalry in the 21st

century simply changing?
Chivalry had its high point during medieval times, when knights and lords rode out and beat highway robbers to save beautiful maidens or princesses. Chivalry was not only based on being a strong warrior but also emphasized respect toward women.

Today, with no need to ride ahead on horses to slay robbers, chivalry is hard to come by, according Kelsev Koblitz, junior in psychology and family studies.

"I come from a small town, and a lot of our guys weren't nice," Koblitz said. "Coming to here from that, I just think that no one else is going to be nice. It depends on where you're at, too. I know in the South, people

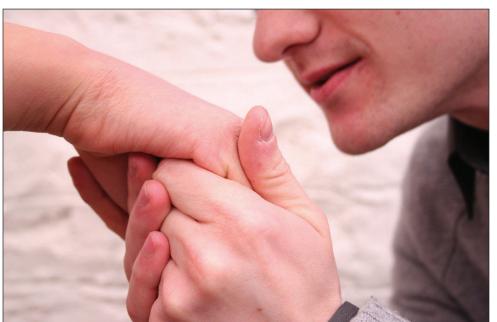


Photo illustration by Marcella Brooks

Chivalry might seem to be gone, but some students try to incorporate it in their everyday lives. "You shouldn't be chivalrous just to impress someone, but for the common good of the people," said Skylar James, senior in engineering and vice president of Sigma Pi fraternity.

are pretty cool, but chivalry is definitely dead here in Kansas." Not all students have given up on the hope of common

in others you get doors opened and that sort of stuff," said Heidi "It's dead in some places, but Hilton, junior in finance. "I see

that a lot more around here." For Skylar James, vice pres-

ident of the Sigma Pi fraternity and senior in engineering, chivalry is very much alive. It is one of Sigma Pi's promoted attributes.

"Chivalry means not how a man treats not just a woman, but everyone in his life," James said. "The typical thing is to open doors, not just for women, but also men." For James and other mem-

bers of Sigma Pi, this level of common courtesy extends throughout everyday life, including in sports. "In intramural sports, we say

congratulations to the other teams, even if we win or lose," James said.

For James, chivalry is something that is passed down through the generations.

"I don't think chivalry is dead because it's taught by everyone's parents," James said. "It's how to sit at the table, to open doors for people and how to greet everyone. You shouldn't be chivalrous just to impress someone, but for the common good of people."

Just as the arrival of new

technology changed medieval sword fights, media has changed how people perceive what is considered romantic.

"I think the media has hit chivalry," Koblitz said. "Guys see movies where guys don't treat girls like they should. They don't see movies where the guy treats the girl right."

Ronald Ross, senior in American ethnic studies, recently took a note from a romantic movie by taking his girlfriend out for dinner on a special date.

"We went to the plaza and had a candlelit dinner," Ross said. "I opened her car door, and gave her a rose as she got out. I told her she could order anything off the menu. I just wanted to make sure she was comfortable and enjoying her-

The key to any successful relationship, whether it is romantic or platonic, is much simpler, said Dorinda Lambert, director of K-State Counseling Services.

"Having respect and courtesy is important, especially for a romantic relationship," Lambert said. "Communication is very important in the foundation of a healthy relationship."

# Healthy relationships can be built on complementary characteristics

Sid Arguello staff writer

The beauty and the beast. The adventurer and the homebody. Successful relationships between less-than-typical couples have long been summed up with the truism: "Opposites attract."

That assertion has been the subject of novels, movies and psychological research. What some researchers and psychologists have found is that relationships with complementary aspects seem to hold higher value than relationships that are at opposite

"You usually have to have the same interests to initially run into each other. We believe it is possible to have many differences as well as similarities," said Thomas Abrams, junior in pre-journalism and mass communi-

Abrams and Sydney Bowen, junior in hotel and restaurant management, have been dating for almost two years. Bowen agrees that having some personality traits in common helps a rela-

"You usually have some similarities when you like the person," Bowen said.

Stanford University professors D. Christopher Dryer and Leonard M. Horowitz worked on studies focused on finding when opposites actually become attracted to each

They found that being compatible was more important than being the same; couples with complementary partnerships, such as a couple in which one person is more dominant than the other, were happier than those with similar partners. Those partners who had goals that complemented one another had greater levels of relationship satisfaction.

WebMD medical journalist Jean Lawrence quotes Paul Cutright, author of You're Never Upset for the Reason You Think, saying, "Relation-ships are about getting our own needs met, often on an unconscious basis. In other words, we try to find someone who is complementary to us and can help us learn, heal and grow."

Bowen agreed that having some things in common is

important, but admits that she and Abrams have a long list of differences, an aspect that she believes keeps their relationship healthier.

"We believe people with the same interests are 'better.' People with the same personalities, we believe, would disagree more often," Bowen said. "But we both believe we are the most 'opposite' of any couple we know.

Steven Walton, senior in kinesiology, and Caitlin Parr, junior in elementary education, have been dating for almost two years. Their opinions about the necessary amount of similarities and differences varied. Walton didn't put any stock in the "opposites attract" theory. Parr,

ĥowever, did. "I definitely think that opposites attract. I think that I would get bored if I was in a relationship with someone who was just like me," Parr

Parr believes that her success in her relationship with Walton isn't entirely based on differences, but on a combination of similarities and differences.

"I think we have a lot of similarities, but our differences make us great. I am always going and super upbeat, and Steven helps to balance that out and kind of mellows me out sometimes," Parr said.

The topic of opposite attractions has yet to be scientifically proven either way, and is commonly left open to interpretation. Whether couples, or singles, take stock in the theory or not, it will most likely continue to permeate the relationship world.





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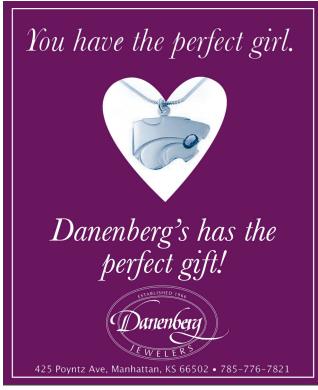


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# Different varieties of flowers can symbolize more than just love

Val Good-Turney staff writer

Chocolates, cards and fluffy teddy bears are all staples of Valentine's Day gift giving. Some of the most special and traditional gifts on the "day of

love" are flowers. Although flowers are generally regarded for their beautiful looks and scents, there are also several meanings associated

with different types of flowers. For instance, the daisy is meant to convey gentleness and innocence, while the daffodil is a symbol for chivalry. There are the delicate calla lilies, which are known for representing majestic beauty. Or our state's very own sunflower, which signifies dedication and adoration.

If you are looking for a bolder statement, try giving tulips, which stand for declarations of love, as well as for perfect lovers. For those looking to show a little playful or competitive spirit, the hyacinth has long been an icon

for sports and games.
There are also some flowers that have both positive and negative connotations. An example would be the hydrangea, which can indicate gratitude, but also

Classic carnations come in all different colors, with each denoting different meanings. White shows true love, and vellow or striped carnations can mean rejection and disdain. If you are looking for a gift for the matriarch in your life, pink carnations are a great way to tell her she is a very special

Then, there are the roses. Jan Miller, owner of Steve's Floral, believes that they are the most romantic flower available.

"There is no stronger statement, from a man to a woman, than red roses sent to her on Valentine's Day," Miller said. "It's a way to say 'I love you."

If you want to do more than

an all-red motif, you can combine red and white roses for a message of unity. You can also give a pale or a pink rose as a token of friendship.

Whatever your flower preference is, the professionals say to get your orders in as soon as possible. Bronwyn Douglas, co-owner of Kistner's Flowers, said the store starts taking orders early because there is such great demand on Valentine's Day.

"Of course, the earlier the better, but all of our orders are filled with the freshest flowers in a timely manner," Douglas said in an email interview. "I would encourage everyone to place their orders at least by Wednesday, Feb. 13, as getting through our phone lines on Valentine's Day itself is extremely challenging."

For those who want to surprise their loved ones at school or work, most Manhattan florists, including Kistner's, Steve's Floral and Acme Gift, offer local delivery for a small fee.

Some individuals may be looking to perform an even bigger gesture for Valentine's

Day.
"We had a young man come was going in the other day who was going to be proposing soon, and he ordered a dozen red roses with beautiful white accent flowers," Miller said. "It was going to be a total surprise because he had just gotten back from Afghani-

Laura Ludlow, senior in American ethnic studies and anthropology, works at Acme Gift and offers some tips for putting together an arrangement on a budget.

"Have a vase ready because the vase is probably half the cost," Ludlow shared. "Always go with flowers that pop against greenery because that looks more full versus the greener

Whether they are used as

small tokens of appreciation or as part of grander events, flow-

ers are a timeless and traditional way to show your feelings.



photo illustration by Marcella Brooks

Flowers can have several different meanings, from love and friendship, to rejection and disdain.

# 'Love potions' keep Valentine's Day delicious in Aggieville, at home

Zaldy Doyungan

On Valentine's Day, many people may be taking a date or significant other out to a nice dinner, sitting back and watching a movie or even going to romantic locations

"Top of the World." For students 21 and over, the night of romance may contain alcoholic drinks, either at home or at a restaurant or bar.

such as Manhattan Hill, or the

The fact that the day of love falls on a Thursday this year can help students save a few dollars. As Thursday is not prime weekend time, es-

tablishments often offer deals to entice diners and drinkers into Aggieville.

"We have pretty cheap bombs on Thursdays," said Tony Marquez, bartender at Porter's Bar. "Maybe I'll make some 'sweetheart' bombs on Valentine's Day."

If you are single and looking to find your future lover by going out on Valentine's Day, watch out, because it isn't always easy to guess someone's favorite drink.

"You can never really go wrong with rum and Coke," said Alex Bever, senior in social sciences.

Lauren Barrick, senior in management has a different go-to drink. "A guy can win my heart by

buying me a fish bowl," Barrick said. Shelby Lueckenotto, junior

in graphic design, has slightly different tastes. "If you choose to have

shots, then I would definitely go with a pineapple upside down," Lueckenotto said.

If you choose to have some quality time with a significant other at home, Valentine's Day-themed drinks aren't out of reach. Websites such as thecraftyhostess.com have a variety of drinks to choose from, like a Chocolate Indul-

gence Martini or a Red Velvet Čookie Cocktail. However, more traditional options might hold more appeal to some.

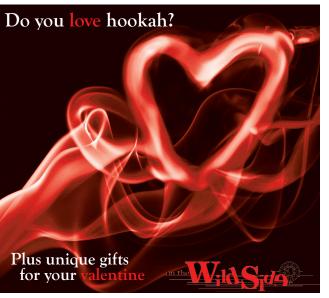
We love sharing red wine, cabernet sauvignon to be more specific," said Tanner Rohrer, senior in psychology.

Kerry McDonnell, junior in open option, has a simple favorite when it comes to alco-

holic beverages. "Whiskey coke seems to be our drink," McDonnell said. Jeff Rixey, junior in business, follows in suit, although with beer instead of whiskey. "We both can sit down and kill a case together," Rixey

As always, drinking responsibly and refraining from drunk driving is key when going out on the town.













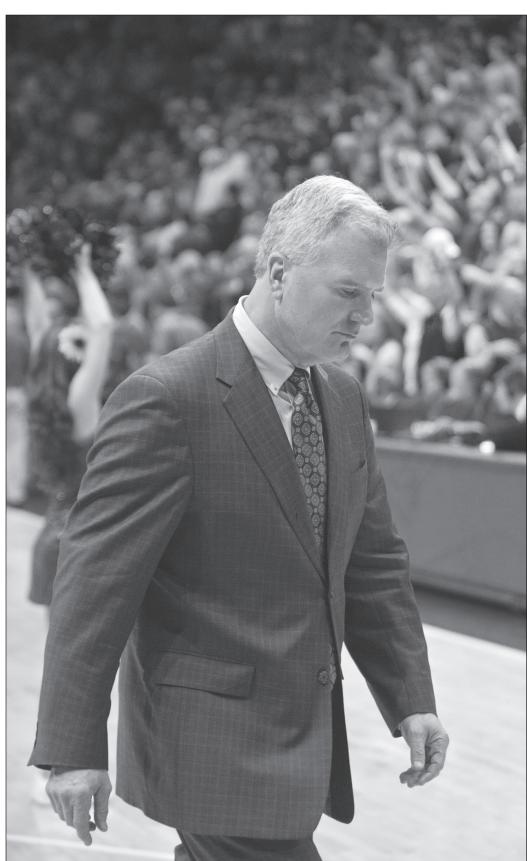


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# Foul trouble, turnovers derail Wildcats



Emily DeShazer | Collegian

K-State head coach Bruce Weber walks off the court in Allen Fieldhouse following the Wildcats' 83-62 loss to Kansas on Monday night. Weber said losing sophomore forward Thomas Gipson and senior forward Jordan Henriquez to fouls contributed to the defeat, but KU's 14 offensive rebounds were the key. "That's the difference in the game and it was the difference for us against lowa State on Saturday," Weber said about the Wildcats' turnovers. "We controlled the paint, we controlled the second-chance points."

Adam Suderman

Losing your top two post players to foul trouble obviously spells trouble, but few knew the damage the Wildcats would receive following senior forward Jordan Henriquez's departure with 13:28 left in the first half.

Having already lost sophomore forward Thomas Gipson to two quick fouls, the Wildcats were forced to dig deep into the bench less than 10 minutes into the first half.

With an increased level of intensity, the Jayhawks took advantage of the lack of size and decimated K-State for the remainder of the half, closing on a 37-22 run.

"Obviously to have Thomas Gipson in a game, it gives us a better threat inside," K-State head coach Bruce Weber said. "Now Jordan can do some things defensively that Thomas doesn't do. You look at 14-8, 14-9, you guys probably look at it and we have one guy with two [fouls], another guy with two, another guy with two and now you're kind of

scrambling and they just got going."
While K-State scrambled to find answers in the first half, the Jayhawks took advantage. They scored 20 points in the paint and gained an early 18-11 edge on the rebounds.

Needing to find a remedy for the loss inside, Kansas picked up its intensity and forced K-State into 14 turnovers.

"I didn't think the threes were as much of as a factor as us giving up 34 points in the paint and 19 second chance points," Weber said. "That's the difference in the game and it was the difference for us against Iowa State on Saturday. We controlled the paint, we controlled the second-chance points."

Facing one of the Big 12's finest rebounding teams in Kansas, the Wildcats couldn't afford the early issues against their in-state rival. Quite simply, the Jayhawk big men dominated the paint for the majority of the

"We looked athletic tonight," said Kansas head coach Bill Self. "I would say the last three games, we have been the least athletic of the teams that we have played, from a quickness standpoint. I don't know what went wrong, but I do know if we weren't tough enough to grind it out and get through that stretch, we probably needed to have a knot put in our head and we certainly did."

Getting out-rebounded as a team by opponent defensive rebounds alone will lead to the demise of any team, and K-State was out-rebounded all-around. The Jayhawks' 14 offensive rebounds guided Kansas to 34 points in the paint.

Moving forward as co-leaders in the Big 12 Conference, it'll be essential for the Wildcats to develop a stronger presence in the paint. With an upcoming contest against Baylor, the Wildcats will be challenged by one of the conference's strongest front lines.

It was a performance full of head-shaking and embarrassing moments for the Wildcats, but as Rodney McGruder said, the Wildcats can't dwell on the performance with several key conference games remaining.
"We're going to come into practice on

Wednesday ready to compete or we're going to feel sorry for ourselves, that's the main thing," McGruder said. "I know my teammates, we're going to come in Wednesday ready to fight and we're going to get ready for Baylor on Saturday."

### **Two-minute** drill

Mark Kern sports editor

The Boston Celtics were undefeated since losing point guard Rajon Rondo to a torn ACL in late January, winning seven straight games. That came to an end on Monday night, as the Charlotte Bobcats defeated the Celtics 94-91. Byron Mullens had one of the best games in his career, finishing with 25 points to go along with 18 rebounds as the Bobcats ended their losing streak of seven games.

Michael Bourn has switched teams again. The speedy center fielder signed with the Cleveland Indians on Monday. The two sides agreed to a four-year \$48 million contract, with a potential fifth year if he has 550 plate appearances in the 2016 season. Bourn has spent time with the Atlanta Braves and Houston Astros and has become one of the best base-stealers in all of the MLB.

Chip Kelly will have Michael Vick at the quarterback position for at least another season, as the Eagles and Vick agreed to a one-year \$10 million contract on Monday. There was speculation prior to the news that Vick might have played his last down as an Eagle.

NHL

The St. Louis Blues continued their losing streak on Monday night, when the defending champion Los Angeles Kings defeated the Blues 4-1. After starting the season 6-1, the Blues have now lost five straight games and have been outscored 26-11 in those games.





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#### BBALL | Rodney McGruder: 'We can't dwell on this game who happened to turn 20 on the offensive end. Last week senior guard Rodney Mc-

Continued from page 1

14:04 left in the game, sophomore guard Angel Rodriguez pulled the Wildcats to within 58-43, but K-State got no closer. McLemore once again caught fire, hitting a 3-pointer that extended the Jayhawks'

lead back up to 25. After the game, McLemore, Monday night, talked about what the key was for the Jayhawks to get back on the win-

ning track. "We just got back to playing Kansas basketball," Mc-Lemore said. "It all started on the defensive end, where we were able to get some stops, and that jump-started us on

was a tough week for us, but tonight was great. It was good to get back to playing basket-

KU center Jeff Withey also had a big game for the Jayhawks, finishing with 17 points to go along with 10 re-

bounds and five blocks. The Wildcats were led by Gruder in the scoring column, as the senior scored 20 points,

six rebounds and four assists. Despite the loss, McGruder talked about how it is only one game and that the team must learn from the experi-

ence and bounce back. 'We can't dwell on this game," McGruder said. "I can

sit back and think about this game when my career is over, but right now we just gotta get ready and prepare for the next game on our schedule."

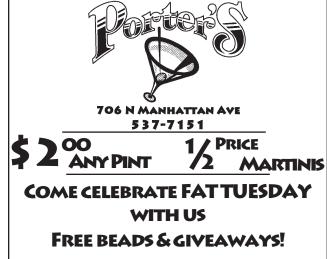
The Wildcats will be back in action on Saturday when they play host to Pierre Jackson and the Baylor Bears at Bramlage Coliseum. Tipoff is scheduled for 6 p.m.

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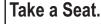
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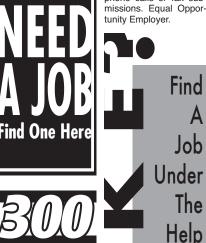
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330-Business Opportunities 340-Fundraisers/Scholarships

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Conceptis Sudoku By Dave Green

9 7 8 2 6 5 1 3 4 6 4 5 1 3 9 2 7 8 4 2 9 6 8 7 3 1 5 Answer to the 7 3 1 5 9 4 6 8 2 8 5 6 3 1 2 7 4 9 1 9 3 8 5 6 4 2 7 5 6 7 4 2 3 8 9 1 2 8 4 9 7 1 5 6 3

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# **Bowl-A-Thon** raises money for cancer research center

Zaldy Doyungan

The K-State Student Union bowling alley was full Monday night as Phi Eta Sigma National Honor Society hosted its Second Annual Johnson Center Bowl-A-Thon to support the Johnson Center for Basic Cancer Re-

For \$40 a team, students competed against other groups in a bowling tournament for a chance to win a variety of prizes. The prizes consisted of gift cards to Jimmy John's, Buffalo Wild Wings and Bluestem Bistro.

"We just wanted to do something that people thought would be fun," said Cheyanne Alvarado, president of Phi Eta Sigma and senior in biology. "People could just come out and it's for a good cause."

Phi Eta Sigma is a National Honor Society that encourages and rewards academic excellence for first-year students in college. As the largest and oldest honor society for first-year college students, Phi Eta Sigma rewards more than \$300,000 in scholarships each year.

"I became involved with Phi Eta Sigma because it seemed like a really good organization," said Katelyn Krieg, community co-chair for Phi Eta Sigma and sophomore in social work and creative writing. "You get an experience, you work with people and get great leadership skills.

Although Phi Eta Sigma's primary focus is to celebrate scholastic achievements, the organization also focuses on providing service to the community through various activi-ties, such as tutoring at the Douglass Community Center.

"This is our big project throughout the semester," Alvarado said. "We're gearing up for our induction ceremony in the fall but still getting other small service projects going."

Phi Eta Sigma initiated 136 members last April, and while the organization is known for inviting freshmen with good grades, that is not an actual requirement to join.

<sup>t</sup>It's not just for freshmen as you can be in it from your freshman year on," Alvarado said. "There are about 400 members but only 50 of them are active with the chapter."

This is the second year that Phi Eta Sigma has held the Bowl-A-Thon.

"Last year it was really successful," Alvarado said. "We raised about \$640 in this event."

Though the event was scheduled during the KU versus K-State basketball game, the game was displayed on the available television sets in the bowling alley.

"I actually hate basketball, but I hate KU as well," said Omar Tanus, freshman in applied music. "I could still keep up though by watching the TV in front of me."

Some students who participated had bad luck bowling but still had fun.

"I'm terrible, just awful at bowling," Tanus said. "I have a couple friends that are in Phi Eta Sigma and they convinced me to come out and support the cause."



Kate Hagans | Collegian

**Chandler Imhof**, sophomore in psychology, and **Luke Wenger**, senior in microbiology, participate in the Phi Eta Sigma bowling tournament on Monday in the K-State Student Union. Phi Eta Sigma will donate all proceeds to the Johnson Center for Basic Cancer Research and raised more than \$600 last year.

All of the proceeds will be donated to the Johnson Center for Basic Cancer Research, whose mission is to further the understanding of cancers by funding basic cancer research, and support higher education, training and public outreach.

Other K-State organizations that raise money for the Johnson Center include the Bill Snyder Wildcat Challenge and Cats for the Cure, which has a fundraiser on Feb. 21 at Orange Leaf Frozen Yogurt.

For more information on the Johnson Center for Basic Cancer Research and their current and upcoming projects, visit its website at cancer.kstate.

### PROF | Competitive workouts motivational, not demoralizing

Continued from page 1

pants back for a final series of rides. This time, they participated on a team with the virtual partner, whom they still believed to be an actual person. The catch? The team's score depended on the time of the teammate who had to stop riding first. A looped video of someone riding a bike can go on for-

In this trial, the women who had originally ridden for only 10:36 on average managed to ride for 21:53 to

avoid being seen as the weak link on the team.

Irwin was surprised to find that even when exercising with a virtual teammate who has endless stamina, the participants did not lose confidence.

"We wondered how motivated people would be to keep coming back and getting beat again," Irwin said in the release. "It turned out to be exactly the opposite. Over time, it can be very motivating, as long as the conditions are right.

Though this study ex-

amined only exercise with a stationary bike, Irwin believes that the results should translate well across various platforms for physical activity, including competitive

"Consider some type of team exercise that involves competition, like playing basketball at a regular time throughout the week," Irwin

Morgan Taylor, freshman in animal sciences and industry, said she stays motivated in group workout settings because she does not want to be the one who is absent in her exercise class-

"With there being a class, it brings more accountability, because you have to be here at a certain time or you don't get to work out," she

Brady Smith, graduate student in public adminis-tration, said that, in his experience, whether or not to work out with a partner depends on a variety of factors.

"The commitment level has to be there," Smith said. "I've worked out with a partner before and enjoyed it, but right now I haven't found anyone who fits what I'm trying to accomplish as far as what our goals are."

Irwin is not done yet. He said that he hopes to continue the studies using both live participants and competitors, whether in person, online or a combination of both. He also spoke of exploring the possibilities that technology could provide for people to find and exercise with friends and workout partners from across the

## **NEWS** | Alum, Army general to visit campus

Continued from page 1

Scahill, is currently enrolled as a

biology major. Pallem, 34, who died from smoke inhalation after emergency responders rushed her to Mercy Regional Health Center, was remembered at a memorial service Monday at Yorgensen-Meloan-Londeen Funeral Home in Manhattan. She was a researcher in the chemical engineering department.

According to a news release from the university, K-State is providing support for those affected by Pallem's death as well as for students displaced by the fire. The release states all the students that lived in the building are staying in hotels or with friends.

#### Brigadier General and K-State alum to visit campus

K-State graduate and U.S. Army Brigadier General Mark Stammer will visit the university Feb. 20-22, according to a K-State news release. Stammer, the first adult education master's degree graduate from K-State's Ft. Leavenworth program to become a general officer in the Army, will speak to ROTC and security studies classes and meet with veterans attending K-State.

#### Registration open for university's Next Big Thing

K-State's annual business idea competition, the Next Big Thing, is now accepting registration. A news release from the university said students in all majors are welcome to compete, with registration closing March 15.

The competition awards more than \$20,000 in prize money each year. In its five years of existence at K-State, winning ideas have included a bicycle rental service, a catering company and food separators designed to segregate ingredients effectively in a commercial kitchen line.

# PROUD | Organization sets record high fundraising goal to meet student need

Continued from page 1

"Between the 11th and 15th of February, we will have stands all around the campus where students are encouraged to donate and support our cause of students helping students," said Javi Lopez, co-chair of K-State Proud and junior in history. "From the 18th to the 25th, we will be at the Student Union from 8:30 in the morning to 3:30 in the afternoon collecting donations."

The week will culminate with the "Proud at Bramlage" event, where students will be encouraged to wear their K-State Proud T-shirts to the men's basketball game against Texas Tech to celebrate and promote student philanthropy in the K-State community. The official amount collected by the drive will also be announced then.

"The need for the student

opportunity awards is growing as an increasing number of students are requesting them, and the organization tries to give out as many awards as possible," said Kyle Reynolds, co-chair of Proud and senior in public relations.

According to the ever-increasing need has is to donate as much as you challenged them to set the

goal of the current K-State Proud campaign at its highest amount yet: \$135,000 in donations. The record figure calls for a high level of student participation, and Lopez said there are many ways for students to contribute.

"The best way of helping us can to help us reach our goal," Lopez said. "Additionally, you could help promote our cause by following us on Twitter and Facebook, and spreading the awareness amongst the student body.

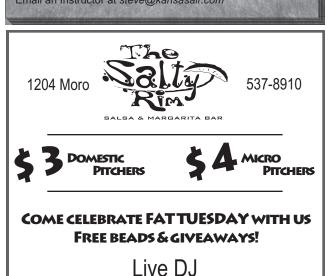
Those who are interested in being a part of the campaign for future years can check out the volunteer information table on Feb. 17 at the

K-State Student Union to find out more about becoming a volunteer for next year's cam-

"Donating to the Proud campaign is desirable since it already considers you as a donor to K-State, so you begin the process of giving back to the school as an undergrad,"

Check out the Religion Directory every Friday





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Tuesday, Feb. 19

Professional development workshops 8-5 p.m. Meet the sales and marketing firms 4-6:30 p.m.

**Victaulic Sales Invitational** 8- 5 p.m.

Wednesday, Feb. 20 8-11 a.m. **Victaulic Sales Invitational** 

**Professional Development Day** 12-5 p.m.

**Awards ceremony** 5 pm

Thursday, Feb. 21

2:30-3:45 Sales career panel discussion

Friday, Feb. 22

10:30- 11:20 Sales Week Keynote Speaker:

Dan Maitland, Multiview

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